

# Lewinsville Senior Center

## The Small Town Center Where Everyone Knows Your Name!



# September & October 2006

**1609 Great Falls Street  
McLean, VA 22101  
Phone 703-442-9075, TTY 711  
Fax 703-748-1829**

Website: [www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec)  
E-mail: [ruth.tait@fairfaxcounty.gov](mailto:ruth.tait@fairfaxcounty.gov)

**We Are Open Monday - Friday from 9 a.m. - 4 p.m.**  
**Ruth Tait, Director**  
**David Leedy, Assistant Director**



[www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec)





## BIRTHDAY CELEBRATIONS

Please join us in celebrating the birthdays of our friends on September 28, 2006 & October 30, 2006. The party be at 12:30 p.m., following lunch.

### September

04: Lurlene Ogle  
06: Mira Wallerstein  
10: Aden Langford  
16: Catherine Osman  
20: Dalat Doan  
25: Lilia Jacob  
28: Helen Deardorf

### October

01: Rita Arzt  
02: Margaret Horton, Georges Jacob  
07: Harold Skean  
08: Beverly Ashley  
10: Ernest Hoffmann  
12: Helen Carter, Grace Taylor  
14: Hope Huertas  
15: Mohammad Ghanipour  
18: Peggy Cipyak  
22: Blanche Gorecki  
23: Helen Doley, Ann Vaisavijevich  
28: Edward Thomas

### TRIPS OF NECESSITY

Reservations are required in advance. There is a \$1.00 bus fee. Lunch on your own, or as noted.



Friday, September 08, 2006

10 a.m. - 2 p.m. Shop at K-Mart  
lunch on your own

Friday, September 15, 2006

10 a.m. - 2 p.m. Shop at Target  
lunch at Applebee's

Friday, September 22, 2006

10 a.m. - 2 p.m. Shop at Dollar Tree  
lunch at Old Country Buffet

Friday, September 29, 2006

10 a.m. - 2 p.m. Shop at Wegman's of Fairfax  
lunch on your own

Friday, October 06, 2006

10 a.m. - 2 p.m. Shop at Wal\*Mart  
lunch on Your Own

Friday, October 13, 2006

10 a.m. - 2 p.m. Shop at Factory Card Outlet  
lunch at I. H. O. P.

Friday, October 20, 2006

10 a.m. - 2 p.m. Shop at Target  
lunch at Harvest Moon

Friday, October 27, 2006

10 a.m. - 2 p.m. Shop at Fair Oaks Mall  
lunch on Your Own

### CHARTER TRIPS

Reservations are required in advance. There is a \$1.00 bus fee. You must be registered with the center in order to go on any of the trips.

**Activity:** National Air and Space Museum's Steven F. Udvar- Hazy Center

**Date:** Thursday, September 14, 2006

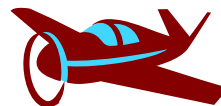
**Time:** 10 a.m. – 2 p.m.

**Location:** Chantilly, VA

**Info:** The Steven F. Udvar- Hazy Center, an extension of the Smithsonian's national Air and space Museum. Located near Dulles Airport off of 28 and 50. The facility houses important icons of aviation and space history. Special features include a soaring observation tower, flight simulators, an Imax theater. There is a museum store for souvenirs and food service.

**Cost:** Admission is free. But contribute \$1.00 for parking fee.

**Bring:** Your lunch or suggested amount \$10.00 for lunch.



**Looking for Square Dancers!!** Interested? If you know someone who is, have them call us at 703-442-9075, TTY 711.



**Podiatry:** Appointments are taken for the podiatrist visit in advance. The podiatrist visits the third Tuesday of the month.

## **More Scheduled Programs**

(see monthly calendar)



### **Classes that cost Money**

**Next 8 week sessions dates- Please sign up and pay with Staff prior to class date. Please pay \$5.00 for 8 week session. To participate you must be registered with the center. If you have any questions give us a call at the center 703-442-9075, TTY 711.**

**Pilates** September 7, 2006 - October 26, 2006  
Thursdays, 11:15 a.m.

**Yoga** August 23, 2006 - October 11, 2006  
Monday & Wednesday, 10 a.m.

### **Functional Fitness**

August 23, 2006 - October 11, 2006  
Monday & Wednesday 11 a.m.  
(aerobics, weights, bands, balls & more)

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### **Free classes**

**Movement to** Tuesday & Thursday 10 a.m.

### **Music Exercises:**

**Tai Chi Exercise** Monday & Thursday 1 p.m.

**P.A.C.E.** (People with Arthritis Can Exercise)  
Tuesdays and Fridays  
11 - 11:30 a.m.



## **The Newsletter's Special Senior**

### **FLORENCE SUSSMAN**

Florence Sussman was born in Budapest, Hungary. When she was 4 years old, her family moved to America. They settled in New York. Florence moved to McLean, Virginia in the late 1990's to stay with her daughter's family. She has been coming to the Lewinsville Senior Center at least since 2000. Florence uses a combination of a walker and a cane to get around. She participates in many activities at the center such as Movement to Music Exercise class, as well as enjoying Rummikub. Although she currently lives with her family, she is on the waiting list to move into an Assisted Living Facility. If you get the chance, ask Florence to tell you a story about her old home town. She will wow you with a tale on why she loves New York!

### **Caregivers:**

**Blood pressure and Glucose  
10 a.m. - 11:45 a.m.**

**Thursday, September 28, 2006**

This service will be offered Thursday, September 28, 2006, from 10 a.m. - 11:45 a.m. If you are interested in this testing service, please fill out the required form (available at the center) before the 28. Ask a staff member to assist you in filling out the form. Information required on the form: your full name, phone number, doctors full name, phone number, address. Bring your Medicare card or at least your Medicare number. This testing service is on a first-come first-served basis and space is limited. Please do not drink or eat anything with sugar the morning if you are taking the Glucose test.

**Lewinsville Senior Center will be closed  
in observance of a County Holiday on:**

**Monday, September 4, 2006  
Monday, October 9, 2006**

# Lewinsville Senior Center

1609 Great Falls St.  
McLean, VA 22101

## SEPTEMBER HIGHLIGHTS

### **CVS: Talk on Cataracts, Glaucoma, And Macular Degeneration**

Monday, September 11, 2006, 11:15 a.m.

### **Patriot Day (World Trade Remembrance Day)**

Monday, September 11, 2006, 12:30 p.m.

### **National Hispanic Heritage Month begins**

Friday, September 15, 2006, 12:30 p.m.

### **Glucose & BP Checks**

Thursday, September 28, 2006, 10 a.m. - noon

### **Birthday Party**

Thursday, September 28, 2006, 12:30 p.m.

## OCTOBER HIGHLIGHTS

### **CVS: Talk on Headache Management**

Monday, October 2, 2006, 11:45 a.m.

### **World Smile Day**

Friday, October 6, 2006, 12:30 p.m.

### **Glucose & BP Checks**

Thursday, October 19, 2006, 10:00 a.m. - noon

### **Bazaar and Crafts**

Thursday, October 26, 2006 and Friday,  
October 27, 2006, All day (8 a.m. – 4 p.m.)

### **Halloween Parade**

Monday, October 30, 2006, 10:30 a.m.

### **Birthday Party**

Monday, October 30, 2006, 12:30 p.m.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, please call CRS at 703-324-4386, TTY 703-222-9693. Allow ten business days to process your request.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>September 2006</div> <div>Lewinsville Senior Center</div>				<div>1</div> <div>10-2 In Door Game Day</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>11-noon Music at ADHC</div> <div>noon LUNCH</div> <div>12:30 Rummikub</div> <div>1:00 Large Crossword</div>
<div>4</div> <div>SENIOR CENTER IS CLOSED</div> <div>IN OBSERVANCE OF A</div> <div>COUNTY HOLIDAY</div> <div>(LABOR DAY)</div>	<div>5</div> <div>9:30 Contract Bridge</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30 Patriotic Celebration</div> <div>12:30-4 Bridge In Room 103</div>	<div>6</div> <div>10:00 Yoga In Room 103</div> <div>10:30 Bingo For Prizes</div> <div>11:00 Functional Fitness</div> <div>noon LUNCH</div> <div>1:00 Square Dancing</div> <div>1:00 Walking Program</div>	<div>7</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>10:30-11:30 Mr. Pink in ADHC</div> <div>11:00 Pilates</div> <div>noon LUNCH</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div> <div>1:00 Vote for upcoming Charter trips, bring ideas to vote on for October, November, December.</div>	<div>8</div> <div>10-2 Shopping at K-Mart</div> <div>w/ Lunch on Your Own</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30 Rummikub</div> <div>12:30 Pack Boxes for Troops</div>
<div>11</div> <div>10:00 Gentle Yoga In Room 103</div> <div>10:30 Walking Program</div> <div>11:00 Functional Fitness</div> <div>11:45 CVS Talk on Cataracts, Glaucoma &amp; Macular Degeneration</div> <div>noon LUNCH</div> <div>12:30 Patriot Day</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div>	<div>12</div> <div>9:30 Contract Bridge</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30- 4 Bridge In Room 103</div>	<div>13</div> <div>10:00 Yoga In Room 103</div> <div>10:30 Bingo for Prizes</div> <div>11:00 Functional Fitness</div> <div>noon LUNCH</div> <div>1:00 Square Dancing</div> <div>1:00 Walking Program</div>	<div>14</div> <div>10:00 Movement to Music</div> <div>10-2 Charter Trip to National Air and Space- Steven F. Udvar Hazy Center in Chantilly</div> <div>10:30 Walking Program</div> <div>11:00 Pilates</div> <div>noon LUNCH</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div>	<div>15</div> <div>10-2 Shopping at Target</div> <div>w/ Lunch at Applebee's</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30 National Hispanic Heritage Month Begins- Kick Off</div>
<div>18</div> <div>10:00 Gentle Yoga In Room 103</div> <div>10:00 Steve M.- in ADHC</div> <div>11:00 Functional Fitness</div> <div>noon LUNCH</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div> <div>1:00 Large Crossword</div>	<div>19</div> <div>9:30 Contract Bridge</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30- 4 Bridge In Room 103</div> <div>12:30 Trivia</div>	<div>20</div> <div>10:00 Yoga In Room 103</div> <div>10:30 Bingo For Prizes</div> <div>11:00 Functional Fitness</div> <div>noon LUNCH</div> <div>1:00 Square Dancing</div> <div>1:00 Walking Program</div> <div>1:00 Brain Teasers</div>	<div>21</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>11:00 Pilates</div> <div>noon LUNCH</div> <div>12:45 Advisory Council Meeting</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div> <div>1-2 Do prices for Store/Bazaar</div>	<div>22</div> <div>10-2 Shopping at Dollar Tree</div> <div>w/ Lunch at Old Country Buffet</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30 Rummikub</div> <div>12:30 Do prices for Store/Bazaar</div>
<div>25</div> <div>10:00 Gentle Yoga In Room 103</div> <div>10:30 Walking Program</div> <div>11:00 Functional Fitness</div> <div>11:00 - noon Majician-Benjamin Corey</div> <div>noon LUNCH</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div> <div>1:30-2:30 Chris Edwards in ADHC</div>	<div>26</div> <div>9:30 Contract Bridge</div> <div>10:00 Movement to Music</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30-4 Bridge In Room 103</div> <div>12:30-1:30 Large Crossword</div>	<div>27</div> <div>10:00 Yoga In Room 103</div> <div>10:30 Bingo For Prizes</div> <div>11:00 Functional Fitness</div> <div>noon LUNCH</div> <div>1:00 Square Dancing</div> <div>1:00 Walking Program</div> <div>1:00 Humor: Jokes</div>	<div>28</div> <div>10:00 Movement to Music</div> <div>10-noon Caregivers: Glucose &amp; BP</div> <div>10:30 Walking Program</div> <div>11:00 Pilates</div> <div>noon LUNCH</div> <div>12:30 Birthday Party</div> <div>1:00 Tai Chi Exercises</div> <div>1-4 Canasta</div>	<div>29</div> <div>10-2 Shopping at Wegman's</div> <div>w/ Lunch on Your Own</div> <div>10:30 Walking Program</div> <div>11:00 P.A.C.E. Exercise Class</div> <div>noon LUNCH</div> <div>12:30 Rummikub</div> <div>12:30 Music Bingo</div>